

TRIPURA



GAZETTE

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**PART--I-- Orders and Notifications by the Government of Tripura,
The High Court, Government Treasury etc.**

**GOVERNMENT OF TRIPURA
GENERAL ADMINISTRATION (AR) DEPARTMENT
SECRETARIAT, AGARTALA-799010**

No.F.AS(MISC)/GA(AR)/2021/56

Dated, Agartala, the 21st January, 2022.

NOTIFICATION

Subject:- A scheme for creating enabling environment among the employees to adapt to a physically active life style – Reg.

Fit India Movement is a public movement conceptualized by the Government of India, with the aim of inspiring its citizens to be more physically active and fit. This movement encourages people to remain healthy and fit by including physical activities in their daily lives. Due to technological advancements, our physical activities are reduced. This change in lifestyle has brought about cases of lifestyle diseases. With the Fit India movement, the aim is to cultivate a strong sense of belief towards fitness and healthy lifestyle. The Hon'ble Prime Minister had appealed to the citizens to adapt to a physically active schedule and one has got to be fit in order to be successful; all the successful persons that we see are physically fit and active.

Furthermore, during Covid-19 pandemic, time and again proven that a regular physical activity is helpful in staying disease free and speedy recovery from illness; the scheme aim is to cultivate a strong sense of belief towards fitness and healthy lifestyle amongst officers and employees. This is an attempt for creating enabling environment to stay both mentally and physically fit as a healthy mind can reside only in a healthy body.

For keeping officers and employees to remain healthy and fit, the following steps are found effective and implementable for the benefit of the employees:-

1. Fitness at Karmabhoomi:

Everyone would be allowed 10 minutes time to do hands free exercises wherever he or she sits except schedule meeting times as may be fixed by the Head of Office (HoO). Few standard exercise protocols may also be circulated by Youth Affairs & Sports Department as may be needed. This is done in conformity with Fit India Movement for inspiring its employees to be more physically active and fit for betterment of their standard of living;

Installation of 'Idea Boxes' in the State and District level Offices for soliciting 'Out of the Box' solutions/positive ideas to various issues:

The government always treats employee welfare measures as its investment rather than an expense as satisfied personnel will always provide a satisfying result in return. Furthermore, employees and their family members also think about betterment to be brought in the present system with innovative positive ideas but did not get the opportunity to send their valuable, viable, positive suggestions. This is an opportunity to come up with positive suggestions in a structured way. Therefore, it has

been decided that each state and district level office, to begin with, has to install 'Idea Boxes' to receive the "Positive Innovative Ideas"/"Out of box solution" from the employees, their family members and general public for further improvement and betterment in the system.

3. All Head of Departments/Head of Offices are directed to take appropriate steps for implementation of above initiatives.
4. This is issued in supersession of all previous order(s) issued in this regard.

A.K.B. 21/1/22
(A.K.Bhattacharya)

Additional Secretary to the
Government of Tripura

To

All Head of Departments / Head of Offices
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